

18. Describe the causes, symptoms, preventive measures, and treatments for common viral diseases such as chickenpox, dengue, hepatitis, and COVID-19. How can vaccination help in controlling these diseases?
19. Explain the classification of food into macronutrients and micronutrients. Discuss their roles in maintaining overall health with suitable examples.
20. Explain the risks associated with radiation exposure from mobile cell towers and electronic devices. Discuss the possible health effects and suggest preventive measures to minimize radiation hazards.
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APRIL/MAY 2025

**23USBT13 — PUBLIC HEALTH AND
HYGIENE (SEC)**

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What is the difference between health and hygiene?
2. Define the term 'disease' and give two examples of communicable diseases.
3. What are the causes and symptoms of anemia?
4. Name the deficiency responsible for rickets and goiter and mention one precaution for each.
5. What is the causative agent of chickenpox, and how does it spread?
6. List two common symptoms of dengue, fever and one preventive measure.
7. What are the major risk factors for oral and lung cancer?



8. How can mental illnesses like depression and anxiety be managed or prevented?
9. Mention two major health programs initiated by UNICEF.
10. What are the main services provided by the Indian Red Cross Society (IRC) in healthcare?

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Define health and hygiene. Explain their importance in maintaining a disease-free life.

Or

- (b) What is the difference between health and disease? Give examples of communicable and non-communicable diseases.

12. (a) Describe the causes, symptoms, precautions, and cure for anemia.

Or

- (b) What are the causes and prevention methods for rickets and goiter?

13. (a) Explain the causes, symptoms, precautions, and cure for dengue fever.

Or

- (b) Describe the transmission and prevention of COVID-19.

14. (a) Discuss the impact of mental illnesses such as depression and anxiety on human health and ways to manage them.

Or

- (b) What are the major causes of oral and lung cancer? Suggest preventive measures to reduce their risk.

15. (a) What are the main objectives and functions of the World Health Organization (WHO)?

Or

- (b) How does WHO contribute to global disease prevention and health emergencies?

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Describe the structure and functions of the World Health Organization (WHO). Discuss its role in global health initiatives and disease prevention.

17. Explain the causes, symptoms, and preventive measures for hypertension, stroke, and coronary heart disease. How can lifestyle modifications help in managing these conditions?

